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Healthy “Almond Joy” Bars

Base:

- 3½ c. almond meal (or 4 c. ground nuts)
- ½ t. Himalayan salt
- ½ c. shredded coconut, unsweetened
- ¼ c. coconut oil, melted
- 1 t. vanilla or almond extract
- ¼ c. maple syrup

Chocolate layers:

- 3 cups dark chocolate chips
- 2 T. coconut oil

1. Line an 8x8” baking dish with aluminum foil, grease lightly with coconut oil.
2. Combine almond meal, salt, and coconut.
3. Melt coconut oil; blend in vanilla and syrup. Stir into almond meal mixture.
4. Melt dark chocolate chips coconut oil till smooth.
5. Spread ½ of almond mixture into pan and press down.
6. Spread ½ of the chocolate mixture on top, then refrigerate until chocolate is nearly set.
7. Spread remaining almond mixture and press gently; top with remaining chocolate (may need to reheat before spreading). Refrigerate again till chocolate is nearly set, and then sprinkle top with coconut! Finish cooling till set and cut into bars.



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